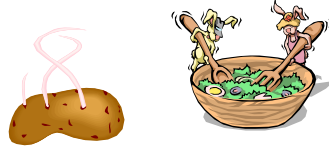




Fast-Food Alternatives

Eat More of These:

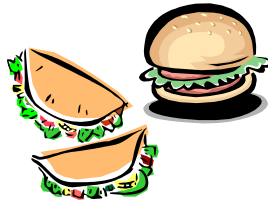
Baked potato
Salads with low-fat
or fat free dressing



Roast beef sandwich,
Low-fat luncheon
meat sandwich



Roasted chicken (no skin)
Baked chicken sandwiches
Chicken tacos



Broiled seafood platter
Boiled shrimp



Soft serve ice cream cone
Frozen yogurt

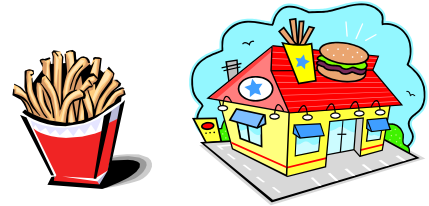


Fruit juice
Low fat or fat free milk
Diet soda and unsweetened tea

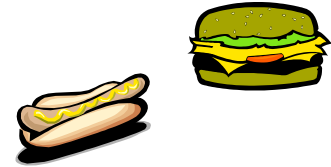


And Less of These:

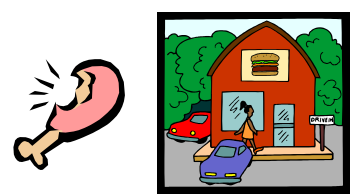
French fries
Onion rings



Large hamburgers
with all the 'fixins'
Cheeseburgers
Hotdogs



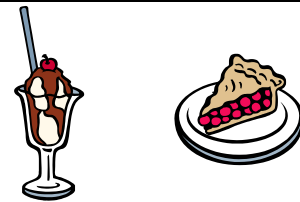
Fried chicken
Breaded chicken strips
Fried chicken wings



Fried fish sandwich
Fried fish nuggets
Fried clam strips



Sundaes
Brownies
Pies



Regular soda
Whole milk
Sweet tea



Tips for ordering at Fast Food Restaurants:

Don't add additional calories, especially those from fat. Remove excess calories when you can. Examples include "saying no to cheese", "hold the mayonnaise", "no thanks to special sauce or tarter sauce", "sugar-free soda or unsweetened tea please", and "I'll have the baked or broiled chicken sandwich". Don't supersize! Resist the temptation to get more food you don't need.

MOVE!